Meditations on Living Life with
Ascended Himalayan Master
MAHAYOGI BABA LOKENATH

Shuddhaanandaa Brahmachari (Bodhi)

MEDITATIONS ON LIVING LIFE

WITH ASCENDED HIMALAYAN MASTER MAHAYOGI BABA LOKENATH

SHUDDHAANANDAA BRAHMACHARI (BODHI)

LOKENATH DIVINE LIFE MISSION
KOLKATA

MEDITATIONS ON LIVING LIFE

With Ascended Himalayan Master Mahayogi Baba Lokenath

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by Shuddhaanandaa Brahmachari (Bodhi)

(Author of The Incredible Life of a Himalayan Yogi)

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Dedication

This humble booklet of inspirational guidance—meant to help one meditate effortlessly in the light of love incarnate, Baba Lokenath—is offered at the feet of the living Shiva, Baba Lokenath. With a prayerful heart, I offer this garland of words, hoping it brings divine light to all who, by the grace of providence, receive this book. May they feel the life-transforming presence of this great Himalayan Sage, who unfailingly responds to the heartfelt call of his children across the world.

Acknowledgement

I am deeply grateful to the followers of Baba Lokenath, whose heartfelt desire for a simple booklet inspired the creation of this work. It is through their devotion and longing to feel the presence of this extraordinary Himalayan Master that this offering has taken shape. May it continually inspire humanity to walk the path of love, inner transformation, and unwavering commitment to the realization of the pure mind and the divine within. This booklet is a manifestation of their wish—and a reflection of Baba's boundless grace.

Preface

Mahayogi Baba Lokenath Brahmachari (1730–1890) was the very embodiment of yogic synthesis. Under the divine guidance of his Guru, Bhagavan Ganguly, he undertook the most intense and austere yogic disciplines, meditating in the snowy Himalayan caves for over 90 years. His penance was not only to transcend the human condition but to divinize every cell of his physical body—purifying even gross matter until it radiated with the luminous brilliance of ultimate divinity. In the realm of yoga, such complete transformation of the physical form is exceedingly rare.

This humble offering—just a glimpse into the life and light of this timeless Master—is, in truth, like worshipping the Ganges with its own sacred water.

Those fortunate enough to witness Baba during his time at the Baradi Ashram were awestruck. His eyes never blinked, he ate very little, never slept, and exhibited none of the usual physical traits of an ordinary human body. Yet, he remained fully active, spending his days speaking compassionately with villagers, helping them with their worldly concerns. By night, yogis from Tibet and the Himalayas would arrive in their subtle bodies to receive his advanced spiritual guidance on the path of ultimate perfection.

Despite his profound state, Baba was always averse to any kind of publicity or self-promotion. He chose to live in the modest hamlet of Baradi, quietly, almost hidden from public view. He would often

say, "*If you cannot manage the challenges of your life on your own, come—leave them to me. Then follow the path of your own yoga and meditation. You are all my children. No harm can come to you.*"

For those who seek to delve deeper into the miraculous life of Baba Lokenath, I invite you to read *Incredible Life of a Himalayan Yogi: The Times, Teachings, and Life of Living Shiva Baba Lokenath Brahmachari*, available on Amazon. Writing that book—and now this one—has been, for me, an act of devotion, a sacred worship of the Divine.

May this small book serve as a call to seekers everywhere:
Come, children, here is Baba! When He is here, why fear?

Mahasamadhi Day 3 June, 2025

Shuddhaanandaa Brahmachari

The living granite idol of Baba Lokenath at Temple

Ashram at 277 Shanti Pally, Kolkata 700107.

The Temple opens :

9-30 am to 11 am and 4 pm to 7-30 pm

WHO IS BABA?

I.

“Remember Me, I Will Save You!”

Baba Lokenath spoke these words from a state of complete union with the cosmic energy of oneness. These are not the words of someone bound by ego or personal struggle—they arise from pure realization and boundless compassion.

Millions across the world, drawn by the sight of his image or the sound of his name, have experienced the truth of this divine promise. You can too.

Baba said, “*Whenever someone cries out in pain and remembers me, my heart melts. In that moment, my power flows toward the one who is suffering and brings healing.*”

You don’t need to believe in him blindly. Just speak to him—share

your problem. His infinite power will reveal itself, showing you that he hears you and is already taking care of you.

In time, your trust will grow—not from belief alone, but from the deep knowing of your heart. As that trust deepens, you too will begin to blossom into a loving, compassionate being, a true blessing to the world.

2.

Baba Is Not Only a “Miracle Baba”!

When Baba Lokenath enters a person’s life, a quiet transformation begins. One starts to sense the unseen hand of his divine grace, gently manifesting change, and the faith in Baba’s presence deepens naturally.

Please do not refer to him as a “miracle baba,” like many self-proclaimed godmen in India. Baba Lokenath is pure love—he is the light of your soul, long hidden within you without your awareness. His divine presence, along with your devotion and love for him, simply illuminates what has always been within you. What unfolds is not miraculous—it is natural.

You are the miracle

The great Himalayan Masters, with their universal presence, merely assist in your blossoming—from the inside out. Baba Lokenath has demonstrated his unconditional love to those who remember him, speak to him, pray to him, and connect with him at the heart level, with trust and surrender.

3.

Find the Healing Power of Baba

Baba Lokenath lived in a humble hut made of bamboo and hay in a small hamlet, 35 kilometres from Dhaka, Bangladesh. During his divine presence in physical form, it became clear to all who met him—**Baba's word was final**.

People travelled from far and wide, seeking relief from seemingly incurable ailments of body and mind. Baba would heal them, often with nothing more than his words.

At times, he would say, "*Take a little dust from the ashram at Baradi and apply it to the area of pain—it will go.*" The devotee would follow his instruction, and the most excruciating, long-standing

pain would vanish—miraculously, effortlessly.

Such was his boundless compassion.

Even today, those who remember Baba and earnestly seek his grace for healing—be it physical or mental—experience his healing power at work.

He was, He is, and He shall always be

For Baba Lokenath is beyond time and space. He lives in our hearts, in every cell of our body.

He is all that IS.

4.

Baba's Will Is Final

The *Sadguru*—the true Teacher—is the ultimate embodiment of compassion in human form.

When a yogi attains *Supreme Consciousness* (known in yogic tradition as **Nirvikalpa Samadhi**), all karmas—past and future—are dissolved in the flame of absolute awareness and divine oneness. If such a yogi returns to the physical plane, it is only because the seed of compassion still lives in their heart.

Baba Lokenath is that *compassion* personified. His heart overflows for all his children, regardless of their religion, beliefs, or faith.

He is *self-willed*, and **His will is final**. What Baba wills manifests effortlessly and instantly.

Surrender to him with love. Share your pain, your longings, your wish for spiritual awakening. As your devotion deepens, you will be healed.

Through his divine grace, even the deepest layers of your subconscious mind begin to transform, leading you toward inner freedom, peace, and light.

5.

Baba Is a Wish-Fulfilling Tree

In the quiet hamlet of Baradi, where Baba Lokenath lived in a humble mud cottage for 26 years, he was known to most as *Brahmachari Baba*. No one ever left his ashram empty-handed. Baba was like *Kalpataru*—the mythical wish-fulfilling tree. Whoever came to his lotus feet seeking blessings or healing always returned fulfilled.

He was the embodiment of compassion. Even today, he lives in the hearts of his devotees, ever ready to grant the wishes and ease the burdens of those who take refuge in his Holy Name and presence.

Baba often made it clear that he recognized no celestial beings or

deities above him—his will was absolute. This profound truth was also affirmed by Bijoy Krishna Goswami, a highly enlightened master of his time, who declared that Baba Lokenath was a *Self-Willed Mahayogi*, one who could do and undo things by the sheer power of his divine Presence.

6.

Baba Is Both Your Loving Father and Mother

Can you begin to fathom the depth of Baba's compassion for all his children, regardless of the religion they follow? Through the complete divinization of his body and mind, he became one with all of creation, embracing it as his very Self. He declares that there is none beyond him—meaning that nothing in this world can truly harm his children.

Like a devoted father, he gently guides you from the outside, and like a loving mother, he draws you inward from within. In this way, he keeps you ever connected to him, even amidst the distractions of daily life.

7.

Baba Answers Every Sincere Prayer

Through ninety years of intense yogic practice, Baba Lokenath attained the highest state of union with the Cosmic Consciousness—a complete oneness with the non-dual, eternal reality. When you pray to him in times of difficulty, it is not that he must descend from some astral plane. As an ascended Master who left his physical body in 1890, he resides not outside you but within—as the indwelling Self (*Antaryamin*), as his devotees knew him. He is the first to know what you are going through.

Baba is the ever-present witness behind every thought and emotion that arises within you. He is the purest embodiment of love—unconditional, boundless love. To those who cry out for his

grace and support, he is immediately present, for he cannot bear the suffering of his children.

Trust that he hears every sincere prayer, and in time, he grants them. All that is needed is faith and patience. Baba Lokenath is Self-Willed—he moves as he chooses and acts beyond human comprehension. He has the power to fulfil your every dream and desire. But what you desire—*that* remains your choice.

EXPERIENCING BABA

8.

Baba Is Our Very Existence

Baba is our heart. He is our soul. He is our very existence.

What we need is to *feel* this truth as we commune with him in our prayers and meditations.

Don't think that only you cry for Baba. He, too, cries for you. He yearns for you. He misses you with the same intensity with which you long for his physical darshan, his sacred presence.

Let your relationship with Baba grow naturally through your daily practice of communion, so deeply that you feel him with you always, wherever you are, guiding you and caring for you through

every circumstance and challenge in this unpredictable life.

From this living bond with his divine presence, you will begin to feel a spontaneous connection and a profound sense of inner security.

This will be the greatest blessing in your life: a deep-rooted fearlessness and a natural joy that stays with you, always.

9.

The Power of Silence

Words are not just words—they are powerful energy and must be mindfully managed in daily life. Most people speak unconsciously and compulsively, as if they exist only when engaging in conversation. They cannot bear the purity of silence, the sacredness of nonverbal connection.

But great Masters, like Baba Lokenath, communicated through silence—silence that was more eloquent than any lecture we are accustomed to hearing from spiritual teachers. Ardent seekers of spiritual experience would come and sit near this great Master, and instantly feel a deep connection to their inner being. Silence would arise naturally, and self-enquiry would blossom in their

hearts without any effort. Such is the influence of the Holy Masters.

Though Baba Lokenath is no longer in his physical body on this earthly plane, his divine presence is everywhere. You can feel it—if only for a moment—by coming home to yourself through mindful breathing. Set your intention to be in his divine grace, and you will feel it in this very moment.

IO.

Just Talk to Baba If You Are Stuck

Baba Lokenath is the living Presence. Do you wish to speak with the Divine? Many people believe that communing with God or a higher spirit is reserved only for saints or the enlightened. But Baba Lokenath, the great Himalayan Master, came to dispel this limiting belief held by many.

Whenever you feel stuck in life, just talk to Baba. Call upon his divine presence and grace to guide you through situations beyond your control, even after your best efforts. We all encounter moments when we're reminded of our human limitations. It is in those very moments—when you seek divine support—that Baba responds instantly, as the living presence of the Divine.

He is not distant or removed—he dwells within you, in your heart and your being. As the indwelling Witness Consciousness, he knows your every thought and emotion. Seated at the very root of your existence, he listens in silence, waiting only for your call. When you reach out to him, he inspires the quiet confidence that you are supported, always.

II.

Baba Lokenath's Picture Is a Miracle Itself

When you sit to meditate, begin by gently relaxing your entire body—from head to toe. Scan your body with the eye of awareness, then bring your attention to your breath. Breathe with calmness, awareness, and joy. As your mind begins to settle, bring the Divine Name of Baba into your heart and keep chanting it with devotion. This is the surest way to connect with Baba.

In that sacred connection, you can lay all your worries, struggles, and obstacles at his feet—he truly takes care. Baba is pure compassion and infinite love.

In the picture of Baba Lokenath is Baba Lokenath. In the Holy

Name of Baba Lokenath is Baba Lokenath. Through your love and faith, this most incredible Himalayan Master manifests before you, and his grace surrounds you instantly. In his presence, you feel that all is well—because he is taking care.

He is the very throb of your heart. Close your eyes, feel that inner rhythm, and offer yourself to the serene silence that follows. In your most difficult moments, take his holy name and visualize his presence in your heart—**you will witness the miracle.** It will dissolve the darkness of fear and anxiety.

His grace knows no bounds. His love is infinite.

12.

Experience the True Love that Surrounds You!

See the non-blinking eyes and the unusual divine form of Baba Lokenath with attention and awe! Gradually, let your eyes close so that you can now meditate upon this radiant form in your heart center. See how his grace creates a vibration of love that surrounds you from within and then begins to spread outward, touching millions of suffering souls across the world.

This process will transform your subconscious mind, which needs reprogramming to experience higher energies and frequencies—those that can connect you to a greater field of energy and help manifest your deepest intentions and wishes in life.

Baba's grace, too, is a field of the highest energy, ever-present, capable of uplifting you from any depressive or anxiety-ridden situation. Indeed, it all begins with this connection. From there, you move toward the freedom to be Yourself.

13.

Why Fear, Baba Is Here!

At times, in the midst of your daily chores, just pause. Close your eyes and visualize Baba Lokenath's unblinking, compassionate gaze, looking at you with boundless love and divine protection.

Gently remind yourself: *You are always protected and nurtured by Baba's presence.* There is no need to fret or fear the future.

Baba is holding the radar of your boat, guiding you safely across the ocean of life, toward the other shore of eternal peace and bliss.

His devotees never perish.

As your connection with him deepens, you begin to sense the

presence of unseen hands—silently caring for you, shielding you in all circumstances, even in this uncertain and often negative world.

When this realization dawns, fear dissolves. And in the absence of fear, surrender flows naturally—surrender to the ultimate purpose of life.

From that surrender, Divine Grace descends—cascading over you, bathing you from within and without, and awakening your true self in luminous peace.

14.

Surrendering Is Difficult, but the Fruits of Surrender Are Always Sweet

Baba says, "*Bhakti-e saar*"—**devotion is the essence.** No matter which spiritual path one follows, the elements of *bhakti* (devotion) and *sharanagati* (surrender) are indispensable. Until we truly humble ourselves before the Master and allow the light of the True Teacher to illuminate our path, we cannot walk the way of Infinite Light.

Love and surrender are the purified emotions that draw us ever closer to the Divine within—for the Source of all *sadhana* (spiritual practice) and *siddhi* (realization) lies within us.

Baba is the Eternal Light. The more we turn our minds and hearts toward Baba's light and love, the more tangibly we feel his all-encompassing presence. No matter how threatening the challenges before us may seem, we remain undisturbed—because the Master's Light becomes both our shield and our guiding flame.

15.

Feel His Heart in the Throbs of Yours!

A simple meditation is to sit silently and invoke the Presence of the living Shiva—Baba Lokenath—at the center of your heart.

Fill yourself with calm, gratitude, and heartfelt prayer, so that Baba may manifest within your body, your mind, your breath—and with his divine touch, illumine your inner shrine with his radiant, effulgent Form.

Pray that every cell of your body becomes soaked in the divine light of Baba's Presence.

May he help you realize that you are never separate from him—

that you are his eternal child, resting in his divine lap—so you may feel his heart beating within the rhythm of your own.

16.

Your Mind Is What You Eat

Baba Lokenath never imposed restrictions by saying, “Don’t eat this” or “Don’t eat that.” Instead, he gently guided:
“Ahaar karo mone karo ahuti die Shyama Ma ke.”
While eating mindfully, offer the food into the fire within your stomach, as if you are making an offering to the sacred fire for the Divine Mother.

This is the art of mindful, meditative eating.

When you eat as Baba suggests—with awareness and reverence—you nourish not only your body but also your soul. You become healthier, happier, and more attuned to your spiritual path.

For the mind is profoundly influenced by the food you consume—and even more so by the consciousness with which you consume it.

17.

Baba, Please Tell Me the Solution

At times, when you cannot find a solution to a problem that has been troubling you, don't struggle. Let go of the mental effort.

Take a few deep breaths. If possible, practice alternate nostril breathing to calm your mind and settle your energy. Then, simply sit in stillness and relax.

This is the moment to open your heart to **Baba Lokenath**. Speak to him softly, sincerely—
"Baba, I don't know the solution. Even if I come up with one, it might bring pain tomorrow. YOU are my Master. Please decide what is best for my Higher Self. Guide me from within, for I know YOU are my

Antaryami—*the indwelling Atman, my eternal Companion.*"

And then… let it go. Release the burden.

Trust that, whether today or tomorrow, in the most unexpected moment, Baba will gently whisper the solution—one that brings lasting peace and is truly for your highest good.

18.

Baba Knows It All

Many people ask me:
"*If all of us—Baba's children—keep demanding his attention and asking him to solve our problems, won't Baba get annoyed?*"
And again: "*How can Baba take care of the countless problems of so many devotees praying to him from all corners of the world—individually?*"

My simple answer is this:
Do you think Baba is somewhere far away, having to listen to your prayers one by one?
This idea of separation is the very illusion the mind creates—a veil that binds the soul to the endless cycle of worldly desires and

suffering.

Baba is not separate from you.
He sits at the very core of your Being.
He breathes your breath.
Before you even become aware of your own desires or wishes, he already knows—because he is the source of all that is and all that ever can be.

So never hesitate to call upon Baba's protective grace. Who else has the power to listen, to care, and to respond—day in and day out—without fail? Only the One of infinite compassion. For it is His divine promise.

But as you receive his grace, don't forget to offer your garland of gratitude—simple, sincere, and full of love. Offer it to him, and to his all-pervading spirit that lives in every corner of the universe.

This act of heartfelt offering is like watering the sapling of devotion and surrender. With time, that sapling will grow into a great tree—capable of sheltering many other souls who long for light, love, and peace.

19.

Gratitude Is the Key to Returning Home

Each time you feel Baba's grace in your life, pause for a moment. Look at his divine form and offer your heartfelt gratitude—speak to him as you would to your most beloved after receiving an unexpected gift. Remember this truth: **what you recognize recurs.**

Every time you acknowledge Baba's grace in the simple moments of daily life, you open new doors for more grace to pour in—filling your inner space and lighting your home with the radiance of his love.

Let your day begin with a deep expression of gratitude to Baba Lokenath—for his unceasing blessings, his unseen protection, and

his constant presence in your life.

During His 26 years at the Baradi Ashram, it is said that **no one ever saw Baba blink.** His wide, unblinking eyes struck every visitor with awe, a vision of divine stillness. Devotees have long felt that Baba is always watching over them—with eyes that never close, with love that never falters.

Just imagine: this supreme yogi, who descended from the lofty silence of the Himalayas, chose to live among the simplest villagers of a remote hamlet. His every word carried the weight of divine authority. His gaze reached into the very soul of a person—**not to judge, but to transform.**

BABA AS TEACHER

20.

What Is Karma?

Baba Lokenath taught that we must go through our *Prarabdha Karma*—the portion of past karma that has begun to bear fruit in this lifetime. When a devotee once asked why Baba, who was Shiva incarnate, did not heal her suffering, he gently replied,
"*Oh! How I wish I could do that. But you have accumulated the sins of your past births, which can be resolved only through mental and physical suffering.*"

With this, Baba made it clear: our suffering in this life stems from the karmic baggage we carry from previous births. The portion of that karma destined to be experienced in this life is called *Prarabdha Karma*. It cannot simply be erased; it must be exhausted

through the experience of both pleasure and pain.

While people welcome pleasure, few are willing to embrace suffering. Yet Baba says there is no escape—we must go through it to be free of it.

However, in his boundless compassion, Baba also revealed that when his devotee cries out in pain, he cannot bear it. He comes running to offer relief, to ease the suffering, and to heal his child.

21.

Toil the Soul of Your Own Mind, and You Can Be Free!

Baba Lokenath made it very clear to all that one need not retreat to the forest or live in isolation to practice *sadhana* (spiritual discipline). Instead, one can remain within society and family life. The essential task is to work diligently on one's own mind—to cultivate a state where it remains untouched by hurt or negativity, and stays inwardly focused on the Divine through contemplation and the repetition of the Holy Name or *japa mantra*.

He emphasized that true detachment and dispassion can be attained while engaging fully in worldly duties. When this inner

work is done sincerely, one rises above the trifles of daily life.

Baba Lokenath transformed ordinary householders into yogis of a high order. This was his message: he did not form a community of celibates or monks, but instead worked with family people to demonstrate that one need not renounce the world to become a yogi. By following his teachings, even a householder can attain the highest states of yoga.

True renunciation is to live in the world without being of the world.

22.

The State of Non-Doership

Baba Lokenath, having attained the highest state a human can reach, realized that there is none but him in the entire universe. It was as though he *was* all, and all *was* in him.

When someone received Baba's blessings—whether healed, uplifted, or granted a long-cherished wish—they would gratefully say, "Baba, you are so kind. With your blessings, my wish has been fulfilled."

To this, Baba would humbly respond,
"Oh! I do nothing. When you come to Me, cry in pain, and seek divine intervention, My heart melts. It is from that place of compassion that

My power flows to you, and your wish is fulfilled. But truly, I do nothing."

This profound statement reflects Baba's embodiment of the state of non-doership. He reveals that the false sense of individual doership is the root of all human suffering. Through his divine play with his devotees, Baba gently dismantles this illusion.

He lived the eternal truth of action without attachment—the path of *non-doing in doing*. This is the state of pure witnessing, where the individual ego dissolves, and only the flow of divine will remains.

23.

Disciple Jamini Learns from Baba's Actions

Jamini Mukhopadhya, an ardent disciple of the great Master Baba Lokenath, had a unique and profound experience during his first visit to Baba's ashram at Baradi (present-day Bangladesh).

Out of pure love, Baba invited Jamini to share a meal with him from the same plate—something that had never happened before. Baba lovingly placed food into Jamini's mouth with his own hands, and Jamini received it and ate.

At one point, Baba paused and asked,
"Jamini, what is happening?"

Jamini replied,
“You are putting food into my mouth, and I am chewing and eating it.”

Hearing this, Baba said,
“The Guru does this much for his disciple—he places the food in the mouth. But the disciple must chew it and eat it himself.”

With this simple yet profound act, Baba conveyed a timeless truth: The Guru can offer his love, guidance, and wisdom, but it is the disciple who must walk the path. Transformation and enlightenment come only through personal effort and inner realization.

The Guru cannot do it for the disciple.

24.

Who Is Guru?

When Bijoy Krishna Goswami—one of the greatest saints of Bengal—visited Baba Lokenath at the Baradi Ashram, he was accompanied by many of his devoted disciples who revered him as their Guru. Bijoy Krishna and Baba Lokenath sat together in deep spiritual communion.

After their meeting, a few of Bijoy Krishna's disciples approached Baba to offer their obeisance, moved by the powerful presence of the one who radiated the very essence of Shiva. But Baba gently stopped them and said, "*Guru samakṣhe ei niyam nahe*"—meaning, "*In the presence of your Guru, you should not bow to anyone else. First, offer your pranam to your own Guru, and then to others.*"

In this simple yet profound moment, Baba Lokenath exalted the role of the Guru in our lives. Though he himself was the embodiment of Pure Love and *Guru-bhakti*, he honored the sanctity of the Guru-disciple relationship with the deepest reverence. As the *Guru Gita* declares, "There is none superior to one's own Guru."

Baba also beautifully explained the true essence of a Guru. He said: "*Whenever you are stuck and you learn something, that learning itself is the Guru. Guru is that Divine Force that moves through every moment of life, guiding you from ignorance to wisdom, from darkness to Light.*"

The Guru is not confined to a form alone—it is the ever-present, inner force that awakens truth within us and keeps us open to learning. As the dispeller of darkness, the Guru constantly calls us to the Light that dwells within.

Baba Lokenath is that eternal Source of Light. Whoever turns to him with sincere love and devotion is forever watched over, guided, and cared for.

25.

Embrace the Light of the Guru

Baba Lokenath said to never miss a chance to be in the presence of spiritually evolved, enlightened beings. He himself attained the highest state by completely surrendering to his spiritual master—his Guru—and by following his instructions along the most intricate and advanced yogic paths.

He declared that one who cannot love their Guru—who, to the disciple, is the living embodiment of scriptural wisdom and the experiential truth of timeless Reality—more than their own life, cannot go far on this path of the pathless.

Through 90 years of intense penance in the Himalayan caves, Baba

Lokenath realized that it is ultimately the Guru's grace that unlocks the most subtle regions of consciousness. Such attainment is not possible through effort alone; it requires the refined, often invisible guidance of an enlightened Master.

Spiritual knowledge, in its deepest essence, is not something to be acquired—it is something to be transmitted. It flows from one who has realized the Ultimate Reality to the heart of a sincere seeker. When your dedicated practice convinces your teacher of your unwavering commitment, you enter into the light of the Guru's grace field. That divine light ignites the flame of self-knowledge within.

You will find that your inner shrine is illuminated, and in that sacred Light, you behold the face of your Beloved. In that moment, all pain, all questions, all restlessness dissolve—and disappear forever.

26.

The Seed of Compassion

At the highest level of God-Consciousness, all seeds of past karma are burned. Nothing remains—no desires, no attachments. All *vikalpas*, every material perception, dissolve in the fire of pure Awareness. The Enlightened One sees himself reflected in the entire cosmos. The inner and outer merge into one seamless reality. There is no *tyag* (renunciation), no *bhog* (enjoyment), nothing to reject, nothing to accept—only a vast, boundless expansion of Spirit pervading all that exists.

Yet, one seed remains—for the rare Masters who are destined to become lighthouses for millions of seeking souls. That one seed is love and compassion for humanity. It is the only seed that does not

burn. It is with this sacred seed that such Masters emerge from the deepest state of *nirvikalpa samadhi*—the realm of absolute unification—to return and uplift thirsty souls who long to bathe in the grace-field of the realized.

They become eternal sources of pure light—teachers whose presence and words remain indelibly imprinted in the fabric of existence, guiding humanity for generations to come.

That is who Baba Lokenath is: the embodiment of pure love and infinite compassion. Offer your love, and you will be filled with his love.

27.

Finding the Fragrance of the Musk Deer

Baba Lokenath assures all his children across the world, transcending all religious boundaries:
“Knowledge of the Self is the only way to liberation. Devotion is the essence. Mantra and other practices are supportive aspects. Move along the path with devotion and love, and who can obstruct your way? You are all my children!”

The Self-knowledge Baba speaks of is like awakening from a long, nightmarish dream—where every fear, every cycle of suffering, vanishes like camphor in flame. What once tormented the seeker dissolves in the light of realization.

As Carl Jung aptly said, "*When you look outside, you dream; when you look inside, you awaken.*" This awakening is the very purpose of human birth. The journey from the outer world of illusion to the inner world of awareness is the path that realized Masters walk—and lovingly guide us along.

Though paths may differ, the soul's ultimate destiny is the same: Self-realization.

It is like the musk deer, enchanted by a fragrance and searching the forest for its source—only to discover that the scent comes from her own navel. In the same way, we chase fulfilment outside until love and devotion soften the ego. And when the ego becomes fluid, it merges effortlessly into its Divine Origin.

SHARING BABA

28.

Baba Gives without Giving, Loves without Loving, Teaches without Teaching

The easiest way to please Baba Lokenath is simply to love him—not as a devotee loves God, but as a child loves their father or mother, with innocence, trust, and heartfelt simplicity.

That is why, after attaining the highest yogic state of oneness with all existence, Baba descended from the silent, serene Himalayan heights to the chaotic, noisy plains of human life. It is exceedingly rare for yogis who have reached such exalted states to return and walk among ordinary people. But Baba did—out of boundless compassion.

Whoever came to his humble cottage seeking help with the burdens of daily life never left empty-handed. For he gave without giving, loved without loving, and taught without teaching.

Baba was a divine Presence beyond any need for preaching. He never delivered sermons, nor did he promote a particular religion or philosophy. He established no monastic order. His was a silent, all-pervading presence—like the eternal existence surrounding us at every moment.

Whoever sought his love and protection found it, as freely as one drinks from a flowing river. One only needed to come with a sincere heart and take as much as their soul could hold.

You are truly blessed to have come under his divine shelter, shielded by his grace from all the forces of darkness, and guided to realize that you are not separate from existence itself. Bliss is your true nature.

29.

Open the Floodgates of His Divine Grace for All!

The world today is heavily infested with the virus of negative mindsets, causing untold suffering to millions. The only true way we can serve the world is by keeping ourselves free from this negative influence and by not becoming carriers of this infectious virus of negativity.

One simple method to achieve this is to establish a daily routine that includes service to enlightened Masters—those who, through intense spiritual practice, attained divinity and left behind a legacy of true humanism. Their wisdom can serve as an antidote to the

prevailing negativity in the world.

Set aside half an hour to an hour each day to spread the message of these great Masters, such as Baba Lokenath of Baradi. Doing so can awaken divine vibrations of peace and bliss in the hearts of sincere seekers of harmonious coexistence.

When you engage in this practice, you will immediately feel a shift within—a spiritual bliss that gently envelops your entire being.

30.

Baba Lives in His Words

Baba Lokenath is alive—in his most powerful teachings, in his sacred Words. When a seeker once asked Baba how to find the true Guru, Baba lovingly replied: **"The Teachings and the Guru—the One who dispels the darkness of fear from the disciple's heart—are one."**

His promises and teachings echo the eternal wisdom of the ancient Vedic Rishis. They are not just to be read once, but again and again, until their grace seeps into your consciousness and illuminates your inner sanctum.

Each time you read Baba's words—his assurances, his eternal

expressions of love—it feels as though he is speaking directly to your heart. It feels as though **He is alive within you.** And indeed, **He lives in His Words.**

Let your breath merge with Baba Lokenath.
Let your thoughts think his thoughts.
Let your heart sing his glory.
Let your life be his celebration.

And remember: your very purpose—especially in these critical times on this planet—is to ignite the inner fire of wisdom, and spread that light to dispel the darkness of fear, pain, and negativity that weighs so heavily on humanity and Mother Earth.

About the Author

Shuddhaanandaa Brahmachari (Bodhi)

Shuddhaanandaa Brahmachari (Bodhi) is a globally acclaimed motivational and inspirational speaker, author, spiritual teacher, humanitarian, and peacemaker. Founder of Stress Management Academy, his Simple Art of Managing Stress and Course in Mindfulness Programs are known worldwide, inspiring corporate leadership, students, and spiritual seekers alike. His current Bodhi Guides platform offers one-on-one, family, group, and corporate virtual and in-person spiritual and life-enhancing sessions.

He is recognized as a visionary social advocate for his development of groundbreaking programs that serve thousands of poverty-

stricken individuals in slums of Kolkata, India, and remote villages of West Bengal. He founded Lokenath Divine Life Mission in 1985.

His self-authored books include: “Your Mind Your Best Friend”, “Cleaning the Mirror of Mind”, “Quintessence of Sai Satcharitra: A Biography of the Incredible Sai Baba of Shirdi**,** “The Incredible Life of a Himalayan Yogi: The Times, Teachings and Life of Living Shiva Baba Lokenath Brahmachari” and the inspirational biography of his Master: “Living with My Himalayan Master Sri Sri Bhajan Brahmachari – A Biography”.

He was awarded the Man of Peace Award by the World Organization for Peace in 2012 in Mexico. He has spoken at the Parliament of World Religions, United Nations Global Youth Conference, and International Conference of Spiritualizing Leadership. He received a Lifetime Achievement Award from the S.T.A.R foundation at the House of Lords in the United Kingdom on July 21, 2015, for his invaluable and outstanding contribution to society.

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